

MWR HAPPENINGS



VOLUME 5 ISSUE 4

NATIONAL NAVAL MEDICAL CENTER

NAVY MORALE, WELFARE AND RECREATION

APRIL 2004



Outdoor Adventures for all active duty, reservists, retirees, DOD civilians and their family members

Day Hike/ Difficult Run, Great Falls, VA Saturday, April 10

Variety is the word to describe this 5.2 mile hike. We will begin at Great Falls Park, with overlooks of the falls and within a few minutes reach of Swan Trail, winding along the Potomac River. After a short, steep climb, the trail follows the rim of Mother Gorge as it leads back towards Great Falls. Hike is \$5 for transportation and park entrance. Pack a lunch and join us for a day in the outdoors. Sign up at the MWR InfoCenter by Wednesday, April 7 @ 1600. Call 301-295-0434 for more info.

Chesapeake Bay Charter Fishing Saturday, May 15

Join us for a day on the Chesapeake Bay with Captain Jim's Lil' Jill out of Deale, MD. It is the end of the spring trophy rock season, so chances are you will bring home some big ones! Price is just \$65 per person, a \$79.00 value! Children must be six or older and pay the same cost as adults. Single or unaccompanied sailors cost is \$55.00 (must show your military id). Transportation, fishing, gratuity and cleaning of fish is included in your cost. This is a long day on the water, so prepare and be ready to bring home fish! Sign up soon, as space is limited! Sign up at the MWR InfoCenter by May 12. Call 301-295-0434 for more info.

New River White Water Rafting Friday, May 21-23

The New River is one of those special places in the world where beauty and whitewater combine into one of the great river trips of the East. Springtime means high water adventure on the New River with big water and heart-pounding rapids. A wonderful opportunity to take on the New at higher levels and less-crowded conditions. Cost is \$85 per person which includes: transportation, camping equipment, wet suit rental, a full day on the river, all meals on Saturday and breakfast on Sunday. Single sailors, E1-E6, your price is \$65 and you must show your id, supporting your rank. This entire trip is a \$150 value! We will be leaving after work on Friday and returning on Sunday afternoon. Children must be at least 12 years old. Sign up at the MWR InfoCenter by Tuesday, May 19. Call 301-295-0434 for more info.

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LIBERTY

Liberty is a recreation program for single, unaccompanied enlisted military personnel. One guest may accompany a sailor per activity for the unsubsidized price unless otherwise stated in the program description. Non-eligible personnel over the age of 18 are able to sign up, if space is available, after the deadline for the unsubsidized cost and excluding transportation.

**Liberty Zone is NOW OPEN
on Saturdays from 1200-1800!!
Stop by and catch a movie or
check your email!**

Single Sailor Discount Bowling Nights at the Bethesda Bowling Facility Mondays, April 5 & 19

If you are looking for something fun and cheap to do during the week, venture down to the Bethesda Naval Bowling Facility for a night of cheap thrills! Cost for single sailors E1-E6 (bring I.D.) and their guest is \$1 per game, per person. Shoe rental is \$1.50 per pair. Stop by from 1500-2000.



Shopping Trip to Arundel Mills Saturday, April 3

Add some color and pizzazz to your spring wardrobe with a shopping trip to Arundel Mills. With over 200 stores and restaurants as well as a Muvico Egyptian 24 Screen Theater, you can shop, eat and then drop to your feet! Cost is \$2 includes transportation (participants eligible to win a \$20 mall gift certificate) Sign up no later than March 31 @ 1600.



NCAA Championship Party @ BLDG. 61, Lounge Monday, April 5

Join us to watch the NCAA Final Four College Basketball Tournament. We're bringing the party to you...all you have to do is come and have fun. Snacks, sodas, games and prizes will be a plenty!



Orioles vs. Red Sox Thursday, April 8

It's baseball season and we're geared up to hit the ballpark! Baltimore Orioles will be playing the Boston Red Sox. Cost is \$10 for seats located in section 5, includes transportation and admission to the game Sign up no later than April 6 @ 1600.



Adventure Bound Day Hike Saturday, April 10

Variety is the word to describe this 5.2 Mile hike. Our hike will begin at Great Falls Park, with overlooks of the falls and within a few minutes reach Swan Trail, winding along the Potomac River. After a short, steep climb, the trail follows the rim of Mother Gorge as it leads back towards Great Falls. Cost is \$5.00 and includes transportation. Sign up no later than April 7 @ 1600



LIBERTY ZONE March Birthday Celebration Thursday, April 15 Free Cake and Ice cream starting at 1645





If you need more information you may call the MWR InfoCenter at 295.0434, the Liberty Zone @ 295.4727 or the Liberty Program Coordinators, Amy Johnson at 295.0256 or Carol Morris at 319.8431.



? Sign up for all Liberty programs at the MWR InfoCenter on NNMC-Main Street or at the Liberty Zone in the Comfort Zone Complex, bldg. 23, during operating hours.

New York City Weekend Trip Friday, April 16- Sunday, April 18

Get out of town for the weekend and visit one of the most famous cities in the world, NYC! There are no planned activities, so you have the freedom to explore the city any way you like. Maps and general information about NYC will be provided to you. No guests may attend due to limited space being available. Cost is \$50 and includes hostel type lodging and transportation. Sign up no later than April 15 at 1600. Limited space, so sign up early!!



Wine Tasting Saturday, May 1

Did you know that Virginia is the #1 producer of wine in the United States! Join us for a day of culture and fun. Feel free to bring a lunch. You must be 21 to participate! Cost is \$8 and includes transportation and wine tasting. Sign up no later than April 28 @ 1600.



Baltimore Orioles vs. Cleveland Indians Saturday, May 8

Give me an "O-R-I-O-L-E-S" and join LIBERTY to cheer on our home team at Camden Yards! Seats are located in section 5. Cost is \$10 and includes admission and transportation. Sign up no later than May 5 @ 1600.



Paramount Kings Dominion Saturday, April 24

Join LIBERTY for the most hair-raising rides, the wettest water park, the most sizzling stage shows, and tons of other cool stuff at Paramount's Kings Dominion 400 acre park! Cost is \$15 and includes admission to the park and transportation. What a deal!! Sign up no later than April 21 @ 1600.

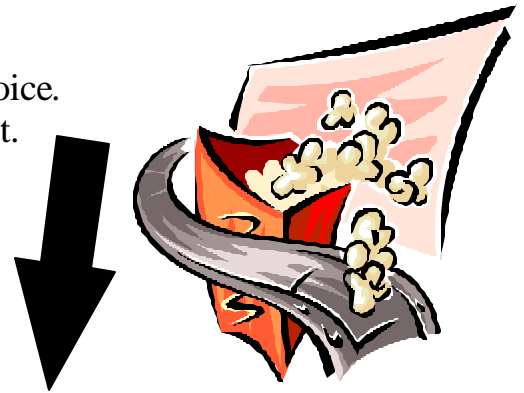




Liberty Zone Theater

Located in the Liberty Zone,
Comfort Zone Complex, Bldg. 23

Check out your favorite flick at the Liberty Zone Theater. The 1st movie shown at 1645 is viewer's choice. Second movie at 1630 is from the schedule below right. Sundays and holidays scheduled movie is at 1430.



Movies in the Barracks

*Free Movie and
Popcorn in the lounge at 1800!*

Movies in the barracks lounge @
1800! Free popcorn!

We will bring our newest
releases for you to choose from:
The Matrix Revolution, Master
and Commander, Duplex and
many more!

Thurs, 4/1 @ CBQ 50

Wed, 4/7 @ CBQ 61

Wed, 4/14 @ CBQ 60

Thurs, 4/15 @ CBQ 50

Wed, 4/21 @ CBQ 61

Wed, 4/28 @ CBQ 60

Thurs, 4/29 @CBQ 50

4/1	Veronica Guerin
4/2	U.S. Marshals
4/3 @ 1430	Twelve Monkeys
4/4 @ 1430	Texas Chainsaw Massacre
4/5	The Rundown
4/6	Moonstruck
4/7	The Matrix Revolutions
4/8	Master and Commander
4/9	Magnum Force
4/10 @ 1430	Lost in Transition
4/11 @ 1430	Intolerable Cruelty
4/12	In the Heat of the Night
4/13	Duplex
4/14	The Dead Pool
4/15	Alex and Emma
4/16	Catch 22
4/17 @ 1430	Demolition Man
4/18 @ 1430	Empire
4/19	The Fighting Temptations
4/20	Extreme Ops
4/21	The Hulk
4/22	Holes
4/23	How to Deal
4/24 @ 1430	The Italian Job
4/25 @ 1430	Johnny English
4/26	Matchstick Men
4/27	Underworld
4/28	Phone Booth
4/29	Pirates of the Caribbean
4/30	Runaway Jury

Liberty Zone-
Inside the Gym, Bldg. 23
24 hr Liberty Infoline
Dial 295-4727!

EMAIL: liberty@mwrbethesda.com
Monday-Friday 1630-2100
Sunday & Holidays 1200-1800



MWR Community Room

NNMC Bldg. 11, Main Level

- Approximate- 75 Person Capacity
- Tables and Chairs Provided with Room Rental
- Colored linens with Room Rental
- Ice and refrigeration available
- Projection screen available for use



Eligible patrons:

Active Duty, Retirees, DOD Civilians, and DOD Contract personnel may rent the room.

Room Rental-\$150.00

Reservation is made when payment is received. Cash, Check, and Credit Card are accepted for room rental.

- Catering Services Available (USU Café & Catering) Menu is available electronically. USU Café and Catering, Call 301-493-6554 or cafeteria@usuhs.mil
- Alcohol Services Available (Due to base regulations, it is mandatory that alcohol must be purchased from and served by MWR)

For more information and room reservations please contact:

David Page, Community Services Director

Ph. 301-295-0939

dlpage@bethesda.med.navy.mil



USU Café



Café

301.493.6554



4301 Jones Bridge Rd

Open Monday-Friday

0630-1000 Breakfast

1100-1400 Lunch

Deli Specials
Salad Bar
Proudly Serving Starbucks
Coffee and Tea



For your catering needs contact:
Selcuk "Sammy" Polat, Manager
301-493-6554

Catering menu available by email.

Send requests to: cafeteria@usuhs.mil

Platters are available for your
office parties and
celebrations.

Call 301-493-6554
for pricing.

International Thursdays

April 8- Turkish-
Beef and Chicken Kabobs;
Gyros

April 15- Mexican-
Beef and Chicken Burritos;
Tacos

April 22- Indian-
Chicken Tika

April 29- Italian-
Spaghetti

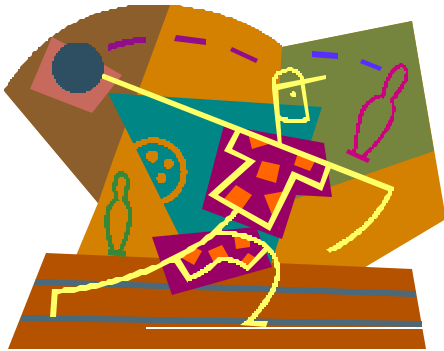




Bethesda Naval
Bowling Center
Call us! 301-295-2034/2060

Hours of Operation

Mon & Tues	10:00 am-10:00 pm
Wed & Thurs	3:00 pm-10:00 pm
Friday	1:00 pm-12:30 am
Saturday	10:00 am-12:30 am
Sunday	1:00 pm-8:00 pm



Bethesda Naval Bowling Center
welcomes you and your family:
*Open to all military, DOD civilians,
contractors, and their dependents.*

Friday & Saturday Night Show Time Video Rock & Bowl



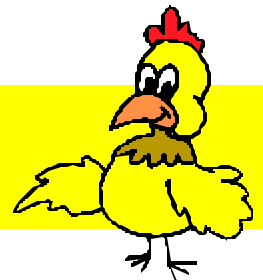
Every Friday From 10:30 pm-12:30 am

2 hours of Unlimited Showtime Bowling
Only \$8.00 per head, includes shoe rental

Every Saturday from 10:30 pm-12:30 am

\$2.75 per game

ALL YOU CAN EAT chicken wings every Friday night
during Rock & Bowl in APRIL!!(10:30 pm-12:30 am.)



**Monthly Departmental Bowling Challenge
Coming in May!!!!**

Watch this space for full details next month.



MWR InfoCenter

Your MWR Information Source. Discount Tickets!!!
 TicketMaster Outlet! Info On Places To Go? Things To Do?
 Get maps and brochures! We are your ticket to savings and your
 central location to sign up for Liberty and Adventure Bound Trips!



We are an AUTHORIZED TICKETMASTER OUTLET>
 Check the Ticketmaster website at www.ticketmaster.com for upcoming events!



Movie Theaters

(*movie must run at least 10 days
 before these tickets can be used,
 unless otherwise noted)

AMC Theaters*	\$5.75
Loews/ Cineplex Odeon*	\$5.75
Regal Cinemas*	\$5.75

Maryland

Baltimore Aquarium

Adult	\$16.00 (save \$1.50)
Active duty/Senior	\$13.00 (save \$1.50)
Child	\$9.00 (save \$.50)

Medieval Times-not valid on Sat.

Adult	\$39.50 (save \$11.05)
Child	\$35.00 (save \$3.45)

Virginia

Colonial Williamsburg

Freedom Pass 1 yr	
(adult)	\$44.00 (save \$5.00)
Freedom Pass 1 yr	
(youth)	\$22.50 (save \$2.00)
One-Day	
(adult)	\$34.00 (save \$3.00)
One-Day	
(youth)	\$17.00 (save \$1.50)

Luray Caverns \$4 off coupon

DC

Int'l Spy Museum-

Don't wait in the long lines!!

Adult	\$12.50 (save \$.50)
Senior, Military	
	\$11.50 (save \$.50)
Student	\$9.50 (save \$.50)

Florida

Universal Studios, FL

1-Day Adult	\$47.50 (save \$7.83)
1-Day Child	\$38.00 (save \$7.75)
2-Day Adult	\$86.50 (save \$16.76)
2-Day Child	\$72.75 (save \$18.79)
3-Day Adult	\$100.50 (save \$18.73)
3-Day Child	\$89.75 (save \$16.70)

Disney World, FL

4-Day Hopper	
(ad)	\$189.00 (save \$21.94)
4-Day Hopper	
(ch)	\$151.00 (save \$17.54)
5-Day Hopper	
(ad)	\$217.00 (save \$25.74)
5-Day Hopper	
(ch)	\$175.00 (save \$20.04)
5-Day Hopper Plus Adult	
	\$245.00 (save \$29.57)
5-Day Hopper Plus Child	
	\$197.00 (save \$23.49)
6-Day Hopper Plus Adult	
	\$274.00 (save \$32.37)
6-Day Hopper Plus Child	
	\$220.00 (save \$25.95)

Florida

Sea World, Orlando

Adult	\$44.75 (save \$12.71)
Child	\$37.50 (save \$10.37)

Disney World Pleasure Island

\$18.00 (save \$3.15)

The following tickets below in bold
are available by special order:

To order, patron must submit a 2
 week advance notice and a 10%
non-refundable deposit at time of
 order. Deposit will be applied
 toward total cost of tickets.

Adventure Island-Tampa
 Busch Gardens-Tampa
 Orlando Flex Ticket
 Wet n' Wild-Orlando
 Disneyland-California
 Legoland-California
 San Diego Zoo
 Sea World-San Diego
 Sea World-San Antonio



Every Friday in April

Is **Busch Gardens Awareness Day** at

your MWR InfoCenter!! Visit us on Fridays and check it out!

You can sign up to win a family 4 pack of tickets to Busch Gardens!

Busch Gardens Williamsburg Discount Tickets

Annually judged as one of the most beautiful parks in the Mid-Atlantic region, Busch Gardens Williamsburg is the place to go for great food and thrilling rides (the Big Bad Wolf, Apollo's Chariot, and Alpengeist are just a few). You can even tour Europe without leaving the country. (see Ireland, New France, and Festa Italia just to get a taste). The park opens March 27 and we have the exclusive "2nd Day On Us" discounted tickets for \$40.00. (2 days for less than 1 day at the gate price) This ticket is only available for purchase until May 31st, but you can use it up until August 31st). The gate price is \$46.95 for adults and \$39.95 for children ages 3-6.



Paramount's Kings Dominion Discount Tickets

Start spring off right by visiting Kings Dominion in Doswell, Virginia. The park opens on March 27 (and continues on a

weekend schedule through May 23). Thereafter, the daily schedule is followed from

May 26-September 6 (the hours are reduced in September and October). Check out the new Scooby Doo and the Haunted Mansion "interactive family ride", take your kids to Nickelodeon Central or catch a live show. Tickets are available for \$22.50 at the MWR InfoCenter.

Tickets are available at www.kingsdominion.com : \$34.99 for adults and \$29.99 for children ages 3-6.



Prices were unavailable at time of print for Six Flags America, Six Flags Great Adventure, and Hershey Park.

Please call the MWR InfoCenter at (301)295-0434 to find out the latest news on prices for these amusement parks. Prices will be printed in the May edition of the MWR Happenings.



Health Promotions Department

NNMC Wellness Center, Bldg 12, 1st deck

April is National Alcohol Awareness Month

Did you know....

Active-duty personnel who are under the legal drinking age and are using alcohol are in violation of Article 92 of the UCMJ? You might want to think again before you juggle it down: Underage and binge drinking are the focus of the National Council on Alcoholism and the Department of the Navy.

Why do NNMC Bethesda and the state of Maryland care about under aged drinking?

Men and women who are 17 to 20 years of age can become dependent upon alcohol because their minds and bodies are still developing psychologically and physiologically. Whereas, an adult drinker may become dependent upon alcohol in 5 to 15 years of regular use, an under aged drinker can become dependent within 6 months to two years of regular use. Under aged drinkers also admit drinking to get "bombed" or "drunk". This type of pattern drinking is one of the earliest signs of impending alcohol abuse and dependence.

What are the dangers of binge drinking?

Binge drinking is defined as, "men having five or more/women having four or more alcoholic beverages on one occasion." Binge drinking increases the risk for an alcoholic related injury, especially for 17 to 25 year olds, who combine alcohol with other high risk activities, (i.e. driving, dating etc.)

The Navy supports the **Right Spirit Campaign** that promotes the decision to drink alcohol responsibly if you are legal or remain abstinent if you are not.

Show your **NNMC BETHESDA Right Spirit** on the 14th and 28th of April by stopping by the Command DAPA table and ask questions.

See you then!

Interesting facts about alcohol use and abuse:

- Alcohol contributes to over 100,000 deaths in the United States making it the third leading cause of preventable mortality.
- Half of all highway deaths are alcohol-related, that's about 22,000 per year or one death every 25 minutes.
- Alcohol abuse costs DoD more than \$600 million each year.
- Military personnel are more likely to drink heavily than their civilian counterparts.

Nutrition & Weight Management

Healthy Heart Nutrition

Learn how to make changes in your diet to reduce your risk of heart disease. Appropriate for those with elevated cholesterol or triglycerides, hypertension or heart disease.

APR 14 1300-1500

APR 28 1300-1500

Ship Shape Program (active duty only)

An 8 week program focusing on nutrition education, increased exercise and behavior modification.

Call 301-295-6649 to register.

TUESDAYS MAY 25 – JUL 13 1130-1300

The Healthy Weigh (open to all beneficiaries and NNMC Civilian employees and contractors)

An 8 week management program designed to help you lose weight and develop healthy lifestyle habits.

Call 301-295-6649 to register.

Thursdays APR 8-MAY 27 1200-1300

Tobacco Cessation

"Kicking the Habit"

An information packed 3 hour session that will prepare you to quit.

APR 06 1200-1500

APR 20 1200-1500

Call 301-295-2159 to register.

Fitness and Exercise

NNMC Indoor Walking Path

In the basements of buildings 9 & 10, available for daily use 0600-1800, seven days per week.

Walking Group

Enjoy a brisk 30-minute walk Mondays and Wednesdays at 1115. Meet in front of Building 10 at the flagpole. In inclement weather, we will use the indoor walking path.

Call 301-295-6649 to sign up.



Health Promotions Department

NNMC Wellness Center, Bldg 12, 1st deck

Fitness and Exercise cont.

Healthy Back Class

Achieve and maintain a healthy spine, decrease pain. Learn about anatomy, posture, and ergonomics.

APR 01 1400-1500

APR 15 1400-1500

Knee School

Learn anatomy, ergonomics, and causes of pain. Strengthening and stretching exercises will be demonstrated. Wear your PT gear. Call 301-295-6289 to register.

APR 06 1400-1500

APR 20 1400-1500

Stress Management Program

Just Relax! Dealing with Stress

Develop a stress-resistant lifestyle by learning a variety of stress management techniques for both your professional and personal life.

APR 13 1300-1500

You Can't Be Serious! Dealing with Anger

Introduces constructive thinking and actions to deal with anger responses to life situations.

APR 27 1300-1500

Women's Health

Hormones and Your Health

Women over 40-the real scoop on your changing body-hot flashes, emotional ups and downs, osteoporosis, hormone replacement.

Contraception Class

General information to make an informed choice on contraception methods. Call 301-295-6673 for a schedule of the above classes.

Breast Cancer Risk Assessment Class

Learn about your personal risk for developing breast cancer and what you can do to decrease it. Offered by the Breast Care Center. Please call 301-295-3899 for more class times and days.

Healthy Heart

Managing Your Numbers

Control High Blood Pressure Before It Controls You!

Learn effective ways to lower your blood pressure through medication, proper diet, exercise and stress management.

APR 28 1300-1500

Interesting Stuff...

Fitness-In-A-Bag Program

Are you active duty going on a short TAD? Before departing, call the Health Promotion Department to reserve a Fitness-In-A-Bag kit. The kit includes a heart rate monitor, a pedometer, exercise videos, a jump rope and a portable strength training kit. For loan only. Call 301.295.2159 to reserve a kit today!

Health Promotion On-Site

Interested in having a program at your DOD worksite? The staff at the Health Promotion Department is available to assist! Please call 301.319.4660 for more details.

Health Promotion Resource Library

The Health Promotion Department has a variety of books, videos and pamphlets on health related topics. Come see our collection in Building 12.

Healthy Happenings information
is provided by Health Promotion Service,
www.bethesda.med.navy.mil
National Naval Medical Center, Wellness Center
8901 Wisconsin Avenue, BLDG 12, 1st deck
Bethesda, Maryland 20889
301-295-5502



Make Spring your season of renewal!



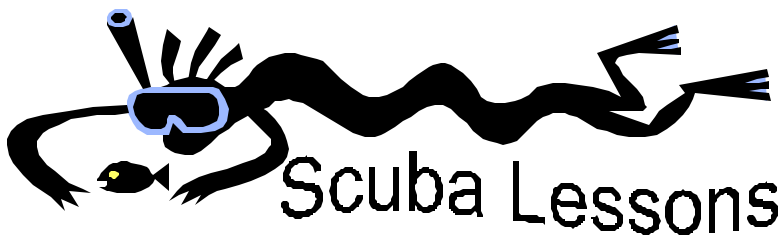
Swim Challenge

Sharks Swim Club is hosting an upcoming swim challenge.

Join the Sharks on Tuesday and Thursday at 6 pm at the CZC pool . This is where any level swimmer can get a coached workout, stroke tips, meet great people and have fun!
Open to all authorized CZC patrons!!

Thursday, April 15
Swim Challenge at 6 pm.

Call 301-295-0031 for more information about the Sharks Swim Club.



Scuba Lessons

Pool Schedule

Regularly Scheduled Activities

- M-F, 1100-1300
Active Duty Only Swim
- Monday-Friday, 1500-1800,
Pool Peak Time-crowded
- Tuesday & Thursday, 1800-2000
Sharks Swim Club (3 lanes reserved)
- Friday, 1800-2000, Family Swim
(3 lanes reserved)
- Sunday 1300-1700, Family Swim
(3 lanes reserved)



DIVE.... DIVE...DIVE...with MWR SCUBA

4 classes will be offered in 2004- May, June, July , and August

MWR once again is offering the ultimate underwater experience...SCUBA. Come join us on Monday& Wednesday evenings from 6-9 pm at the MWR pool. Each class is a month long, which consists of classroom & pool time. The prerequisites are a 300-yard swim, 40 ft. underwater swim, and a 15-minute floating exercise. At the end of the course and after your open water checkout dive, you will become Open Water Scuba Certified. Class tuition is \$200.00. The first day of each session will be an orientation and explanation of the class. The students are responsible for their own mask, fins, snorkel & booties, which are available for purchase at a discount on the first night of class. Classes are open to all authorized patrons with a valid ID / membership. Registration and tuition payment can be made at the CZC front desk. Don't delay, space is limited!!!



MWR Swimming Lessons

Curl Burke Certified
Instructors

- Each session is 6 sessions for \$35.00
- Classes are either Saturday or Sunday (45 min) lessons
- Register and pay for one session only, no advance session registration
- No registration/ payment will be taken after the last day of registration
- Open to all eligible MWR patrons
- 1st class is placement and adjustment
- Pool is not available for open swimming during lesson sessions



301-295-0031

<u>Class Time</u>	<u>Age Group/Class Size</u>	<u>Type of Class</u>
0910-0940	3-6 years with parent-6 students max.	Water Adjustment
0910-0940	6-14 years-7 students max.	Beginner
0945-1015	3-6 years-6 students max.	Beginner
0945-1015	6-14 years-8 students max.	Intermediate
1020-1050	3-6 years-7 students max.	Intermediate
1020-1050	6-14 years-8 students max.	Advanced Intermediate

Session # 1

- Start date April 17 & 18
End date: May 22 & 23
- Registration Start Date: Monday, March 8
- Last day to register: Wednesday 14 April
- Adult classes- Saturdays 5:00 pm-5:45 pm

Session # 2

- Start Date: June 5 & 6
End Date: July 10 & 11
- Registration start date: Monday, April 26
- Registration end date: Wednesday, June 2
- Adult classes- Saturdays 5:00 pm-5:45 pm

Session # 3

- Start Date: July 24 & 25
End Date : August 28 & 29
- Registration start date: Monday, June 14
- Registration end date : Wednesday, July 21
- Adult classes- Saturdays 5:00 pm-5:45 pm

Session # 4

- Start Date: September 11 & 12
End Date: October 16 & 17
- Registration start date: Monday, August 2
- Registration end date : Wednesday, Sept. 8
- Adult classes- Saturdays 5:00 pm-5:45 pm

Session # 5

- Start Date: October 30 & 31
End Date: December 11 & 12
- Registration start date: Monday, September 20
- Registration end date: Wednesday, October 27
- Adult classes-Saturdays 5:00 pm-5:45 pm

AGES 3-6

WATER ADJUSTMENT 30 min

For children who want/ need the security of parents for the first class experience. This teaches the basics to both kids and parents for future teaching.

BEGINNER 30 min

For children with little or no experience in the water. This class teaches Bubble breathing, floating, and swimming under water and coordination of movement in the water.

INTERMEDIATE 30 min

Students must be able to do the following skills to participate in this class.

1. Swim freestyle 10 yds
2. Elementary back 10 yds
3. Hold breathe under water 5-10 sec
4. Kick front and back 20 yds

INTERMEDIATE ADVANCED 30 min

Students must be able to do the following skills to participate in this class.

1. Swim freestyle 25 yds w/ side breathing
2. Elementary back 25 yds
3. Dolphin / frog kick 15 yds
4. Kick front and back 50 yds
5. Know beginning fundamentals of breast stroke

AGES 7-14

BEGINNER 30 min

For children with little or no experience in the water. This class teaches Bubble breathing, floating, and swimming under water and coordination of movement in the water.

INTERMEDIATE 30 -45 min

Students must be able to do the following skills to participate in this class.

1. Swim freestyle 25 yds
2. Back stroke 25 yds
3. Kick front and back 50 yds
4. Know fundamentals of breaststroke

INTERMEDIATE ADVANCED 45 min

Students must be able to do the following skills to participate in this class.

- Learning ALL strokes, gearing up for swim team
- Swim freestyle 50 yds w/ side breast hing
- Backstroke 50 yds
- Kick front and back 75 yds
- Breaststroke 50 yds



SEATED MESSAGES

at the Comfort Zone Complex

Effective 1 May 2004,
the following will be in effect for the
seated massage program.

Massage Hours

Tuesdays

1100-1300 & 1600-1800

10 or 25 minute sessions available

10 minute seated massage \$15.00
Double session 25 minutes \$25.00
Double sessions must be back to back.

- Appointments must be scheduled in advance and prepaid with Relaxation On Site.
Phone. 202-276 -7159
- Cancellations or reschedules for the following week must be done by Friday at 1200, no exceptions.
- An informed consent will need to be signed by patron with the therapist to be kept on file.

Walk-ins will be taken on a space available basis-
payment must be made in cash to the therapist.

Please direct all inquiries to:

Phronie Jackson, Massage Therapist
Relaxation On Site
Phone. 202-276-7159

FITNESS WORKSHOPS

These workshops are FREE. Join a trainer and learn tips to improve your workout.
Meet in the stretching area of the
Comfort Zone Complex.

Wednesdays, April 14 & 28
1200

“Upper Body High Intensity Spring Workouts”

Please call the Fitness/Aquatics Manager,
Bryan Jackson at 301-295-0031 or email
bryanjackson@mwrbethesda.com

MASSAGE BENEFITS

Massage promotes good health by relieving stress, reducing muscle tension, increasing circulation and enhancing overall energy and vitality.

A seated chair massage will not interrupt your work day. The massage is only 10-25 minutes, about the same as a coffee break.

EASING YOUR STRESS

Accumulated stress and tension always diminish energy and vitality. The rejuvenating effects of a massage in the middle of the work day may surprise you. It could:

- Invigorate you as it loosens your tense muscles and stimulates circulation.
- Enhance your ability to think and concentrate as the circulation of oxygen rich blood to your brain and body is increased.
- Help you feel alert, refreshed and ready to get back to the job.
- Help you get in touch with your body, educating you about where you store stress and tension and how it affects you.
- Alleviate some of the pain of chronic job related condition such as carpal tunnel syndrome.

massage



JIU-JITSU KARATE FOR KIDS SELF DEFENSE BLDG. 12, FITNESS STUDIO, 2ND FLOOR

Mondays

1900-2100

Adult Jiu-Jitsu (all levels)

Wednesdays

1800-1945

Karate for kids 6-14 yrs

1800-2000

Women's Self Defense

Fridays

1900-2100

Adult Jiu-Jitsu (all levels)

Saturdays

1030-1200

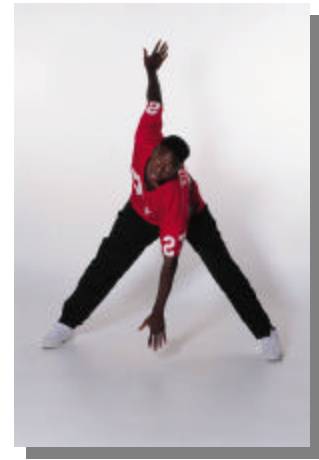
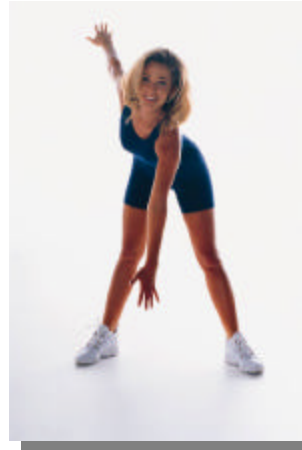
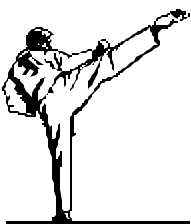
Karate for Kids 6-14 yrs

1300-1500

Adult Jiu-Jitsu

Monthly costs:	Adult Jiu-Jitsu	\$55
	Karate for Kids	\$35
	Women's Self Defense	\$35

Call the CZC 295-2450 for more info. Fees may be paid at the Comfort Zone Complex Front Desk prior to starting classes for the month. Fees cover all classes taught within each category.



AEROBICS— MWR FITNESS STUDIO AT THE WELLNESS CENTER BLDG 12, 2ND FLOOR

Aerobics

Weekly schedule

Mon	Step Aerobics	1645-1745
Tues	Step Aerobics	1130-1215
	Sculpting	1645-1745
Wed	Step Aerobics	1645-1745
Thurs	Step Aerobics	1130-1215
	Sculpting	1645-1745
Fri	Instructor's Choice	1645-1745

Bring your Military ID card or your Comfort Zone Complex Membership card to each class.
(See membership guidelines on pg. 12)

Call 295-2450 for more information.



**Comfort Zone
Complex
Manager
Voice Mail**



301-295-0030

Fitness/Aquatics # 1

Athletics & Team Sports #2

Recreation Director #3

CZC Fax- 301-295-5156

2004 Towel Cards



The new 2004 towel cards are here! These cards help provide towels for patrons who want to utilize the towel service. ALL towel cards not marked 2004 are expired. The cards are \$5 and are good for the calendar year 2004.

Replacement cards are \$5.

Patrons using the towel service must present their towel card at the front desk to receive a towel. Card will be returned when towel is returned.

Comfort Zone Complex

100% ID check

Hours of Operation

Mon-Fri 0500-2100

Sat-Sun 0900-1800

Pool Hours

Mon-Fri 0500-2000

Mon-Fri (Active Duty Only)

1100-1300

Sat-Sun 1100-1700

Holiday Hours

Follow weekend schedule

Liberty Zone

Mon-Fri 1630-2100

Sat-Sun 1200-1800

Comfort Zone Complex members include all active duty military and their immediate family members, retired military, and reservist.

DOD Civilians and Non-DOD Federal Employees are eligible for membership at the following rates:

	<u>Daily</u>	<u>6 mos.</u>	<u>Annual</u>
DOD Civilians	\$3	\$50	\$75
Non-DOD Federal Employees	\$5	\$75	\$150

Please note: Contractors and family members of DOD and NIH employees are NOT able to obtain a membership to use the facilities.



Washington's Birthday 5K Fun Run/Walk Winners



Women

1st Place-Lisa Verzosa – 22:05
2nd Place- Carol Rockefeller – 25:12

Men

1st Place – Daniel McGhee – 21:10
2nd Place – Noah Padilla – 21:12

Softball Organizational Meeting

Date: April 6
Time: 1830
Place: Liberty Zone



April Showers 5K Fun Run/Walk

Date: April 29

Time: 1200

Place: CZC

**Prizes: T-shirts to the
first 35 patrons that
sign up and complete
the race.**



Intramural Basketball Registration

Deadline- April 16
League scheduled to
begin the end of April



Tennis Tournament

Date TBD
Registration
Deadline April 30



**For all MWR Sports on this page please contact:
Wendy Tompkins at 301-295-0031/31
wtompkins@mwrbethesda.com
for more information**



Kids Konnection National Naval Medical Center

Children's Cove
Child Development
Center

Volume 5 Issue 4

April 2004

From the Administrator

The staff and the children of the CDC have some thank you's for some very special and helpful people who have been thoughtful in lending their special talents to our program. A big thanks to P.O. Avila, Dr. Kordis, and to all of the dental techs who invited our preschool to visit the Dental Clinic to see how the dentist works. They were great! Thank you to Ms. Elizabeth Huet and her staff who are providing our caregivers with continuing training in speech and language development. She has been a wonderful resource for us. Thanks to the staff at Navy Federal Credit Union. They sent sweets for Valentine's Day and have volunteered to come to the CDC to read stories to our children. What a great crew!!!

And an enormous thank you in advance to the Enlisted Association; they help us every year with our Month of the Military Child cookout and carnival. **They're the best!!!**

April is the Month of the Military Child. Our theme this year is "Our Military". We will be honoring all of our soldiers, sailors, and marines who give so much so that we can live safely. Please join us in any way that you can throughout the month. We have planned a wide variety of activities, many that need parent participation to make them special. Help a little or help a lot—all assistance is greatly appreciated.

From the Training Office

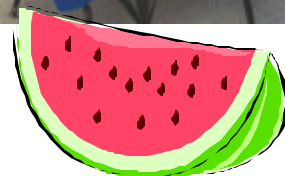
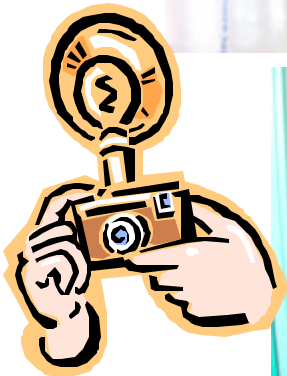
TENTATIVE ACTIVITIES SCHEDULE FOR MONTH OF THE MILITARY CHILD

- Friday, 2 April: The children will be issued "dog tags" with their picture to share with parents.
- Thursday, 8 April: Kickoff parade at the CDC. 0930 to 1000.
- Thursday, 15 April: Special Sundae Day. Children will have a special red, white and blue snack at 1400.
- Friday, 23 April: USO Show. Our preschoolers will entertain the younger children with songs and dances and plays from 0930 to 1030.
- Friday, 30 April: Our annual cookout and carnival. Carnival begins at 1000, cookout at 1100.

SPECIAL PARENT INVOLVEMENT ACTIVITIES

- Mon—Wed, 5-7 April: Career Days. Please join us to talk to the children about your job and life in the military.
- Mon—Wed, 12-14 April: Pen Pal Days. Please come help the children write notes and draw pictures to be sent to our troops serving overseas.
- Tuesday, 20 April: Plant a Seed Day. We're growing a "Freedom Garden" in the classrooms. If you have a green thumb, we need you.

Parents Please Note: The area along the front of the building is a fire lane. Parking in this area is not only illegal, but creates a great hazard for our precious children. There are enough legal spaces for parent parking, please use them. Cars parked in the fire lane will be ticketed by NNMC police.



Meatloaf, mashed potatoes, and watermelon!!!
What could be better? Thanks Chef Sam.



MWR Job Opportunities!

Fun, Safe Environment!!! Metro Reimbursement!!!

NNMC Bowling Center

Bowling Center Manager-Reg. Full Time -\$23,461-\$38,000 per year, apply before 4-16-04.

Bowling Center Asst. Manager-Reg. Full Time-\$17,180-\$25,000 per year, apply before 4-16-04

Bowling Rec. Aid., Part-Time Positions Available-starting \$7.50 per hour, Evenings & Weekends

Child Development Center

Education Aides and Techs., Flexible positions available from entry level to full performance level, \$9.14-\$11.19 per hour, CDC is open M-F 6 am-6 pm

Complete job descriptions and applications available at the MWR InfoCenter on Main St. or the MWR Personnel Office, bldg. 11, Room 14, next to the barracks tennis courts.

Call the MWR personnel office for more information at 301-295-9307.

The Department of the Navy is an equal opportunity employer.

Do you have a sick family member in the hospital?

The Bethesda Fisher Houses

The Fisher Houses are beautiful, mansion-style homes with a very special mission...to help care for military families through a life-threatening crisis.

Very sick or injured patients at the National Naval Medical Center, Bethesda, need their families nearby. For families that live far away, the Fisher Houses provide a stable, comfortable and low cost haven with all of the comforts of home.

Eligibility/Admission Information:

- 1) Family member is an inpatient at the National Naval Medical Center.
- 2) Length of stay will be three nights or longer.
- 3) Other household circumstances will factor into determining priority, not eligibility, when more than one family needs a room, however, the most important of these factors is the patient's medical diagnosis and condition.

Referral Procedure:

- 1) Application forms are located at all nurses' stations and at the Patient Administration Department of the National Naval Medical Center.
- 2) Fill out and fax application to the Fisher House. Our fax number is: 301-295-5632.
- 3) Please ensure that you have accurate contact information on your application. Referrals will be reviewed immediately upon receipt. Expect to be called.
- 4) Office hours at the Fisher House are: 0730 until 1600, Monday through Friday. The office is closed on weekends and holidays.

Need A Great In-Service For Training Day In Your Department?

Let us help you! We can relieve the burden of coming up with yet another in-service topic. We will be happy to do a presentation in your department about our mission, tailored to your schedule and audience. Contact the Fisher House Manager for more information.

Bethesda Fisher House Phone: 301- 295-5334 Fax: 301-295-5632

MWR Business Office, Bldg 11

Hours of Operation

Monday- Friday 0730-1600

Quality of Life Director

Bob Killion 301-295-0935
rskillion@bethesda.med.navy.mil

Admin Officer/Personnel

Marcy Dunkerley 301-295-0936
mjdunkerley@bethesda.med.navy.mil

Community Services Director

David Page 301-295-0939
dlpage@bethesda.med.navy.mil

Marketing/ITT/Newsletter Editor

Jenny Charlson 301-295-1046
jlcharlson@bethesda.med.navy.mil

Accounting

Richard Little 301-295-0956
ralittle@bethesda.med.navy.mil

Comfort Zone Complex 295-2450

Gym, Fitness Center, Pro Shop,
Outdoor Recreation, Gear Zone, Pool

Hours of Operation

Mon-Fri 0500-2100

Sat-Sun 0900-1800

Pool Hours

Active Duty only M-F 1100-1300

Mon-Fri 0500-2000

Sat-Sun 1100-1700

Family Swim Friday 1800-2000

Sunday 1300-1700

Recreation Director Paul Jones

pauljones@mwrbethesda.com

Athletics Director Wendy Tompkins

wtompkins@mwrbethesda.com

Aqua/Fitness Mgr Bryan Jackson

bryanjackson@mwrbethesda.com

Liberty Zone @ the CZC 295-4727

Open Mon-Fri 1630-2100

Sat, Sun & Holidays 1200-1800

liberty@mwrbethesda.com

Liberty Program-Activities & trips for single, unaccompanied military personnel

Amy Johnson, Program Mgr 295-0256

Carol Morris, Liberty Asst. 319-8431

Bowling Center 295-2034

Hours of Operation

Mon & Tues 1000-2200

Wed & Thurs 1500-2200

Friday 1300-0030

Saturday 1000-0030

Sunday 1300-2000

Snack bar & Snack window hours

Mon 1200-closing

Tues-Fri 1600-closing

Sat 1000-closing

Sun 1300-closing

Will Marchany, Manager 295-2060

bowler1@mwrbethesda.com

USU Café & Catering 301-493-6554

Mon-Fri 0630-1000 Breakfast

1100-1400 Lunch

Full Service Catering

Selcuk Polat, Mgr cafeteria@usuhs.mil

MWR InfoCenter 301-295-0434

Mon-Fri 0730-1600

Closed 1330-1430 for lunch

Discount tickets, TicketMaster Outlet

Infocenter@mwrbethesda.com

Richard Moy, Mgr 301-295-5432

Child Development Center

301-295-0167/0014

Open Mon-Fri 0600-1800

Jamila Aziz Child Development Program

Administrator—jamila1@mwrbethesda.com

Waiting List/ Resource & Referral Office

Please Call: (202) 433-3055